Don’t Go Breakin’ Your Heart

Eat better;
Take the pledge to reduce sodium for you and your loved ones.

PREP NOTE: Ask the facilitator to provide a brief, written introduction to share with the program participants. Also prepare your opening remarks. For example, you may want to select an inspiring quote or reading.

• Kick off your program with a warm welcome and your opening remarks.
• Introduce the facilitator to your fellow community members. Or, if you are the facilitator, share with the group why this topic is important to you and your reason for offering to host this lesson.
Don't Go Breakin' Your Heart
Lesson Overview

Welcome
• EmPowered To Serve and the ETS Health Check
• Program Topic and Urgent Community Need

Don't Go Breakin' Your Heart
• Call to Action: Eat Better, Take the Pledge to Reduce Sodium for You and Your Loved Ones
Online at www.heart.org/sodium

Closing Thoughts

• Ask the group:
  • How many of us like salty foods and snacks?
  • And, how many of us grab the salt shaker to add more salt to food before taking the first bite?
• Let them know that today you are calling on them to take action—to eat better by pledging to reduce sodium.
• Get everyone on “topic” by reading through the lesson overview.
• Let participants know that the lesson takes about 1 – 1 ½ hours to complete.
What is ETS?
*EmPowered To Serve*

EmPowered To Serve is a movement sweeping our nation to improve the health of multicultural communities

• We unite as the ETS megacommunity to make healthy change happen in diverse communities across the country.
• Learn More at EmPoweredToServe.org.

• Read the introduction to EmPowered To Serve.
• Share why you joined the ETS movement.
• Encourage anyone who has not yet joined the ETS megacommunity to go online after the program and sign up for this national movement.
• Note that ETS is a movement of the American Heart Association/American Stroke Association in partnership with community organizations across the country.
• Highlight the American Heart Association’s 2020 commitment to the country.
ETS Health Check

Blood pressure and weight check:
• Starting point for you
• Optional and anonymous, no name

Why check blood pressure?
High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.
HBP is also a risk factor for stroke, the No. 2 killer worldwide.

Why worry about being overweight?
Nearly 70 percent of adults are either overweight or obese.
Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes, and more.

• Explain that the EmPowered To Serve Health Check is a way for community members learn about their blood pressure and current weight.
  • Review the information on why to check blood pressure.
  • Highlight the reasons for worrying about being overweight.
• This optional health screening gives information needed to complete the My Life Check personal health assessment.
• If you have not already done so, please complete the My Life Check assessment using your unique URL. It only takes a few minutes to complete. Our goal is for 15 percent of our group to complete this simple health assessment.
• Did you already complete the My Life Check assessment?
  • Have you been working on making healthier choices?
  • You may want to go online and take the assessment again.
  • Check your score. See how you are doing!
PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for this video. If you are not going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or skip this slide.

• Kick off the lesson with a short video called “Sneaky Salt.”
• https://player.vimeo.com/video/136855225
Program Objectives

At the end of this program, you’ll be able to explain the:

• Link between sodium and health, and the reasons for ending our love affair with salt by eating less sodium
• Sneaky sources of salt and sodium
• Steps to help you and your loved ones reach the goal of reducing sodium intake

Relationship Advice:
“Break up with Salt Today!”

• Share that today’s program is about the link between salt—more specifically sodium—and heart disease and stroke.
• The EmPowered to Serve movement embraces Life’s Simple 7, which are seven simple steps that we can take for ideal heart health. And, one of those steps is to eat better.
  - Recall we talked about the My Life Check personal health assessment?
  - My Life Check helps you learn where you stand with Life’s Simple 7.
• Back to our lesson—we are going to learn about:
  - The link between sodium and health—and the reasons for ending our love affair with salt by eating less sodium.
  - Sneaky sources of sodium.
  - Steps to help you and your loved ones reach the goal of reducing sodium intake.
Excess Sodium is one of the leading causes of high blood pressure. High blood pressure is a leading cause of preventable death worldwide.

High Blood Pressure is a major risk factor for heart attack, stroke, heart failure, and kidney failure.

Only a Small Amount of Sodium is needed in your body. 1,500 milligrams or less daily is an adequate intake for health.

- Ask for volunteers to take turns reading the information on the slide.
- Ask the group:
  - Are you surprised by how little sodium our bodies need?
Kids Aren't Immune...

Kids also need to watch their sodium intakes.

- Most of our kids (9 out of 10) eat too much sodium.
- One out of every six kids struggle with high blood pressure.
- This puts our kids at higher risk for cardiovascular disease as adults.

Review the information on the slide.
Diverse Groups at Risk

Higher Rates of Obesity and Diabetes

Greater Risk for HBP and Heart Disease

• Over 40 percent of non-Hispanic blacks have HBP.
• Not only is HBP more severe in blacks than whites, but it also develops earlier in life.
• Nearly 20 percent of Asian Americans have HBP.
• One quarter of American Indian/Alaska Natives have HBP.

Review the information on the slide.

Reinforce that diverse communities are a greater risk for high blood pressure and heart disease.

Ask the group:
  • Does anyone in your family have high blood pressure?

Note that by limiting intake of sodium, we can:
  • Help reduce our risk of high blood pressure.
  • And, if you have high blood pressure, limiting your intake of sodium, can help you to control your blood pressure.
End Our Love Affair

Eating more sodium that our bodies' need is not good for our bodies—especially our hearts.

Kissing excess sodium goodbye and eating less salt, you can:

• Improve your heart health.
• Lower your high blood pressure risk.
• Reduce bloating.
• Reduce your preferences for salty tastes.

- Review the information on the slides.
- Ask the group:
  - How many of you knew about the link between sodium and health before today?
End Our Love Affair Cont’d

Excess sodium is a deadly threat:

• Most of us consume about 3,400 milligrams of sodium a day.
• This is more than double the 1,500 milligrams recommended by the American Heart Association.

• Review the information on the slides.
• Ask the group:
  • How many of you knew about the link between sodium and health before today?
Salt, Sodium, Salt...What’s Up?

About Sodium
- Sodium is a mineral that’s essential for life.
- Sodium helps your body work.
- It helps to control your body’s fluid balance.
- Sodium also helps send nerve impulses and affects muscle function.

About Salt
- Table salt is about 40 percent sodium and 60 percent chloride.
- Salt and sodium are commonly used interchangeably.
- To find out the amount of “salt” in a food, check the “sodium” content on the label.

- Review the information on the slide.
- Emphasize that sodium and salt are not exactly the same:
  - Table salt is sodium chloride (40 percent sodium and 60 percent chloride.)
  - We get sodium from table salt (sodium chloride) and also from things like baking soda (which is sodium bicarbonate).
  - However, 90 percent of the sodium we eat comes from salt, so it’s usually OK to use the term “salt” when talking about reducing sodium in the diet.
- Ask the group:
  - Does sea salt have the same amount of sodium as table salt? (In most cases, sea salt and table salt both have about the same amount of sodium. However, always check the Nutrition Facts label to compare how a sea salt product compares to table salt. Some sea salts are specially formulated to have less salt than table salt, so not all sea salts have the same amount of sodium as table salt.)
Point #2
Limit Packaged, Processed, and Restaurant Foods:

- Most of the sodium we eat comes from packaged, processed, and restaurant foods.

“The Salty Six” are the top six foods that contribute sodium to our diets.

Prep Step: Go to the resource list for this lesson. Find the URL for The Salty Six: Did You Know infographic. Download the infographic and make copies for each participant.

- Ask for volunteers to take turns reading sections of the infographic.
- Take a minute to define terms, as needed:
  - Processed foods are packaged in boxes, cans, or bags. Though the definition may vary, they usually go through complex manufacturing steps. And, often contain additives, artificial flavorings, and other preservatives and additives.
  - Packaged foods are ready-to-eat, convenience items such as TV dinners, gravy mixes, canned soups, and cake mixes. Packaged foods are one type of processed food.
  - Restaurant foods are those eaten at a commercial eatery. It may be a kiosk, fast food place, take-out/take-away joints, casual dining or white-table cloth establishment. Restaurants often rely on some processed foods in their food prep and typically use table salt for seasoning.
- Summarize by noting that even if we never pick up the salt shaker, we eat too much sodium because the sodium we eat comes from packaged, processed and restaurant foods.
- Ask the group:
  - Were you surprised to learn that even if you don’t use the salt shaker, you’re likely getting too much sodium?
  - What foods in the Salty Six surprised you? (FYI: The Salty Six foods aren’t necessarily foods that are the highest in sodium; they are the foods that contribute the most sodium to our diets (by percentage). For example, breads and rolls are #1 largely in part because we eat a lot of them each day.)
Processed = Excess Sodium

<table>
<thead>
<tr>
<th>Some foods contain sodium in their natural state.</th>
<th>We also add sodium during cooking and at the table.</th>
<th>About 75 percent of the sodium we eat comes from processed foods.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupes, potatoes, and milk contain sodium in small amounts.</td>
<td>Sodium is in products such as baking soda and seasoning blends.</td>
<td>Packaged and prepared foods often have sodium added during the manufacturing process.</td>
</tr>
<tr>
<td>Bok choy, beets, and chard have moderate amounts of sodium. However, they can still be part of a healthy diet.</td>
<td>It is also found in table salt.</td>
<td>Breads and cereals, cold cuts and cured meats, pizza, poultry, soup, and sandwiches contain sodium.</td>
</tr>
</tbody>
</table>

- Comment that there are other ways that we consume “sneaky salt” in our diet.
- Review the information on the slide.
- Ask the group:
  - Does anyone currently make an effort to eat less sodium? If so, are you willing to share some of the challenges with the group?
  - Do you know someone who watches his or her sodium intake? How do they eat differently from other people you know?
Sodium on the Food Label

Take note of the serving size.
If your portion size equals two servings of a product, you’re eating double the sodium listed.

Listed in milligrams (“mg”).
Look for “soda” and “sodium” and the symbol “Na” in the ingredients list.

- Ask the group:
  - How many of you read the food label before you buy a food?
  - Explain that the best way to learn about higher sodium foods is by comparing labels. Then choose the product with the lowest amount of sodium.
  - Review the information on the slide.
Other Tips

Look for the American Heart Association's Heart-Check mark.

- Control portions of packaged, processed, and restaurant foods.
- Pick fresh and frozen poultry that hasn’t been injected with a sodium solution.
- Check serving size and the number of servings in the package—it may surprise you!

- Review the information on the slide.
- Comment that the Heart-Check mark makes it easy to spot heart-healthy foods in the grocery store or when dining out.
  - Look for the name of the American Heart Association along with the red heart with white check mark on the package or menu.
  - It's a good first step in creating an overall sensible eating plan.
Go Ahead...Start a New Relationship

Some people are more sensitive to salt.

- Sodium increases their blood pressure because it holds excess fluid in the body.

Review the information on the slide.
Go Ahead...Start a New Relationship

If someone is sensitive to salt, increasing or decreasing their salt intake has a greater effect on their blood pressure.

- The effects of salt and sodium on blood pressure tend to be greater in:
  - African Americans
  - Seniors (50 years and older)
  - People with high blood pressure, diabetes, or kidney disease

Review the information on the slide.
Point #3: Eat Better

Reduce Sodium—Shopping, Cooking, Eating Out

Eat Better—First thing

• Choose foods with potassium to counter the effects of sodium.
• Pick vegetables like sweet potatoes, greens, and tomatoes.
• Pick up some oranges, bananas, and cantaloupe.
• Add low fat dairy products such as yogurt to your shopping list.

• Review the information on the slide.
Point #3: Eat Better Cont’d

Eat Better—Second thing

• Use less salt when cooking and seasoning.
• Don't salt food before you taste.
• Try salt-free seasoning alternatives.
• Use herbs, spices, vinegars, or the juice of fresh lemons or limes instead of salt to add flavor to foods.

Review the information on the slide.
Point #3: Eat Better Cont'd

Eat Better—Third thing

- Limit your intake of red meat, sweets, and sugar-sweetened beverages.
- Control portion sizes—cut calories and you usually cut the sodium, too.
- Choose low-fat dairy products, poultry, fish, and unsalted nuts.
- Focus on fruits, vegetables, and whole grains.

- Review the information on the slide.
- Comment that the second bullet brings us back to label reading. It’s really important to read the number of servings. And then figure out the total amount of sodium based on how much you are really going to eat.
Break It Off Slowly

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track your intake of breads, rolls, cold cuts, and cured meats: One piece of bread can have as much as 230 milligrams of sodium. A serving of turkey cold cuts could contain as much as 1,050 milligrams of sodium. Check the labels on these items, look for lower sodium items, and watch your portion sizes.</td>
<td>Keep that momentum going! This week’s food changes include pizza and poultry: Choose a pizza with less cheese, no meats, and pile on the veggies. Instead of fried or processed chicken, go with fresh, skinless poultry that is not treated with sodium solution.</td>
<td>Focus on soups and sandwiches: Check the labels and try one with less sodium. Make sandwiches with lower-sodium meats and cheeses. Choose condiment wisely. Track the total amount of sodium and aim for daily consumption of less than 1,500 milligrams.</td>
</tr>
</tbody>
</table>

• Explain that it takes time to mend a broken heart. So, gradually break off the relationship:
  • Take the three-week Sodium Swap Challenge and gradually shift away from high-sodium foods.
  • By the end, your food may taste different and you may feel differently about salt.
• Review the information on the slide.
• Ask the group to think about:
  • Of your food choices, what percent are processed foods?
  • Of all the processed foods you eat, what percentage come from eating out?
  • What percent are from foods you purchase at the grocery store?
Be Savvy About Eating Out

Look For the American Heart Association's Heart-Check Mark.

• Be savvy about sodium when eating out at a restaurant.
• Become familiar with lower-sodium foods and look for them on the menu.
• Ask for your dish to be prepared without added salt.
• Use the pepper.
• Add fresh lemon juice instead of salt to season fish and vegetables.

• Review the information on the slide.
• Comment that the Heart-Check mark makes it easy to spot heart-healthy foods in the grocery store or when dining out.
  • Look for the name of the American Heart Association along with the red heart with white check mark on the package or menu.
  • It's a good first step in creating an overall sensible eating plan.
Check Your Medicines

- If you have HBP, ask your physician or pharmacist about the sodium content of your medicines and over-the-counter drugs.
- Read the labels before buying over-the-counter drugs.
- A statement of sodium content must appear on labels of antacids containing 5 mg or more per dosage unit.
- Some companies make low-sodium, over-the-counter products.

- Review the information on the slide.
Learn The 7 “Salty” Myths

Even if you don't have high blood pressure, eating less sodium can:

• Help control the rise in blood pressure that occurs with age
• Reduce your risk of heart disease and other health problems

Prep Step: Go to the Resource List for this lesson. Find the URL for Busted: 7 Salty Myths infographic. Download the infographic and make copies for each participant.

• Ask for volunteers to take turns reading sections of the infographic.
• Also, read the information in the text box on the side.
• Ask the group:
  • What benefits are there to eating fewer processed foods and less sodium?
  • Should we eat a totally salt-free diet? (The answer is no. Sodium is an essential nutrient, but we need only small amounts—much less than Americans’ average intake—to stay healthy.)
Call To Action – Eat Better; Take the Pledge to Reduce Sodium for You and Your Loved Ones.

Take the sodium pledge:
It may take some time to achieve, but I deserve the healthiest of foods. With this pledge I’m saying NO:

• No, to the higher risk of high blood pressure, heart disease, stroke, kidney disease, and other health problems
• No, to the bloating and puffiness linked to too much sodium

I’m taking control of what my family and I eat and starting us on a path to healthier lives!
I pledge to reduce the sodium I eat!

Ask the group:

• What three things might you commit to do to help reduce the sodium you eat?
• Will this change be difficult for you? Why or why not?
• Are there things you might do to make this lifestyle change easier to embrace? [NOTE: If no response, offer suggestions to the group. For example, make the change as a family or get strength from others making the change within the ETS community.]

Ask the group to stand up and read aloud the sodium pledge.

• Let everyone know they are now on their way to breaking up with Sneaky Salt.
Call To Action – Eat Better; Take the Pledge to Reduce Sodium for You and Your Loved Ones.

Let's take the Sodium Pledge viral!

1. Go to heart.org/sodium.
2. Take the pledge online.
3. Invite everyone in your social networks to take action.

Ask the group:

- What three things might you commit to do to help reduce the sodium you eat?
- Will this change be difficult for you? Why or why not?
- Are there things you might do to make this lifestyle change easier to embrace? [NOTE: If no response, offer suggestions to the group. For example, make the change as a family or get strength from others making the change within the ETS community.]

Ask the group to stand up and read aloud the sodium pledge.

- Let everyone know they are now on their way to breaking up with Sneaky Salt.
Commit to take action:

- Go to EmPoweredToServe.org.
- Use My Life Check® to check your progress.

Join Us for more ETS Programs.

Create a Culture of Health

- Encourage everyone to be active in the EmPowered To Serve movement.
- Share how being part of the ETS megacommunity helps you embrace a lifestyle of health.
- Encourage everyone to come to a future ETS health lesson.
Wrap-Up

We appreciate your thoughts!

• Post what you liked best online at:
  http://community.empoweredtoserve.org/home

• Thank everyone for coming.
• Thank the facilitator and all of the volunteers who help coordinate the program.
• Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.

• Reminder! Once your participants have left, be sure to complete the Ambassador Questionnaire. For details, see your Ambassador Guide, page 11.
Help create a sustainable culture of health:

- Unite with others to drive **lasting** (sustainable) positive change.
- Learn ways to improve community beliefs and behaviors (culture) about health.
- Share best practices and develop strategies that promote **sound body, mind, and spirit** (health).

*Put this slide up as your closing slide and leave it up until all of the participants leave the room.*
We are EmPOWERED To Serve

...Serve our health, serve our community